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CORN ENRICHMENT CONFERENCE AT CLEMSON

Among the 157 people attending this conference July 14 and 15 were workers in State and county health departments, extension services, departments of education, experiment stations, Red Cross offices, and universities and colleges. Also present were members and chairmen of nutrition committees, and representatives of parent-teachers associations, the Farm Bureau, business firms, and others. All the States in the corn meal belt were represented. Several from the U. S. Public Health Service, U. S. Department of Agriculture, and the Food and Nutrition Board also took part.

Dr. W. E. Watkins, Director of the South Carolina Extension Service, and Dr. E. J. Lease of the South Carolina Experiment Station presided. The first morning and early afternoon were devoted to talks largely scientific in nature. We both spoke on the program as did Dr. C. A. Elvehjem, Dr. W. D. Salmon, Dr. Norman Jolliffe, and Dr. R. R. Williams. A feature of the program was the screening of the movie "Making a Good Food Better."

In the afternoon Dr. Lease demonstrated the enrichment equipment and processes in his laboratory. The enrichment feeder now in use by the Clemson group is durable and simple in construction. Only a lathe, milling machine, and drill press are needed to make it. The enrichment mixture for whole corn meal is compounded at Clemson from limestone, finely ground pure iron, tricalcium phosphate, niacin, thiamine, and riboflavin, and these materials in bulk quantities as well as mixing equipment were on exhibit. This experimental work on corn enrichment has been made possible by a grant from the Williams-Waterman Fund.

Monday evening the conference divided into four groups—extension people, nutrition committeemen, experiment station and research workers, and public health people—for the purpose of formulating group suggestions as to how best to extend the corn enrichment program. The

next morning each group presented its report for consideration by the conference.

The nutrition committeemen, with Miss Lurine Collier as chairman, pointed out that nutrition committees are in a strategic position to correlate the nutrition programs carried on by different agencies and to enlist the aid of all member agencies and groups in developing educational activities necessary for an enforced, effective enrichment program.

The Extension report suggested that State nutrition committees should plan a unified program, based on the recommendations of the Food and Nutrition Board and other scientific groups, to meet the nutrition problems in their States. The group also made a number of other important suggestions relative to carrying on both demonstration and educational work. Dr. Watkins invited other States wishing to set up similar projects to send workers to train with the South Carolina specialists.

Dr. M. P. Jacocks of the North Carolina State Board of Health, speaking for the public health group, recommended State legislation for enrichment of white flour and bread and degerminated corn meal and grits, and that millers be encouraged to enrich whole corn meal voluntarily. The group stressed the need for an educational program, and further recommended that only enriched bread, flour, corn meal, and grits be used in all State institutions. Health departments were urged to obtain information on the incidence of nutritional deficiencies in their States and to institute corrective programs.

Dr. W. J. Peterson gave the report of the experiment station and research group. They felt that more research is needed on losses of nutrients in enriched cereals prepared by usual household methods. They offered to cooperate in supplying nutrition information and suggested that small animals be used to demonstrate nutritional differences between unenriched and enriched cereals. Enrichment should be pushed only as a part of an integrated program for improving

the nutritional status of the people, the group said. They suggested that studies be made to determine the most effective techniques to use in obtaining the cooperation of millers and consumers.

The reading of these reports was followed by discussion and suggestions for plans for action in extending the enrichment program. Educational problems and techniques for developing better public understanding of the purposes and needs of enrichment were considered. The systematic voluntary enlistment of small millers in the cooperative efforts for enrichment was given special attention.

Copies of the proceedings of the conference are available upon request to the Food and Nutrition Board, 2101 Constitution Avenue NW., Washington 25, D. C.

DR. R. R. WILLIAMS HONORED FOR HIS WORK WITH VITAMIN B₁

For his synthesis of vitamin B₁, Dr. Williams, chairman of the Committee on Cereals of the Food and Nutrition Board, scientific director of the Research Corporation and chairman of the Williams-Waterman Fund for the Combat of Dietary Diseases, was awarded the Perkin Medal last January in New York City.

This culminated a search that began about 36 years ago in the Philippines when he tried to ascertain the potent factor in rice polishings. Although Dr. Williams carried on many other activities during the years that followed, he never stopped his search for the pure vitamin. In 1936 he reached his goal when he discovered the structure of the vitamin and was able to synthesize it. He and Robert Waterman, who was and still is associated with him, patented their process and turned over all their patent rights to the Research Corporation with a provision that all but a small share of the profits would be used to support research. The major portion of the royalties were placed in a special fund called "The Williams-Waterman Fund for the Combat of Dietary Diseases," which is administered jointly by the Research Corporation and the inventing group. Since its inception in 1939, more than half a million dollars has been spent by this fund for research in the field of nutrition.

In addition to his research activities, Dr. Williams has long been an outstanding leader in the white flour

and bread enrichment program as well as in the corn meal program. He has been particularly interested in the experiments being carried on in Clemson.

NUTRITION PLANNING COMMITTEE MEETING

At the July meeting of the Nutrition Planning Committee we were pleased to report some of our observations of the Corn Enrichment Conference. In addition to giving some of the high lights, which are covered in the first article, we pointed out that apparently everyone at the conference agreed with the recommendations of the scientists about the desirability of enriching corn products.

There is a big educational job to be done. The public will have to be educated to ask for enriched products. The chain stores and State Medical Society are already cooperating fully and the small miller will likewise cooperate if someone explains to him individually why enrichment is important and shows him how it is done. Educational work with the Negro is especially important.

Dr. Callie Mae Coons of the Bureau of Human Nutrition and Home Economics emphasized that the enrichment educational program should stress "milk and" rather than "milk or," and that people should be educated to the idea that enrichment does not lessen the need for milk.

She called special attention to the paper given by Dr. Elvehjem at the conference, in which he pointed out that enrichment of corn meal did not mean that other attempts should not be made to improve the diet, such as perhaps making use of the corn germ, increasing the use of milk, meat, eggs, and other foods, and that milk may have an additional effect beyond its protein content, such as stimulating the synthesis of niacin in the intestinal tract.

NEWTON, MASS., IS LABORATORY FOR NUTRITION EDUCATION EXPERIMENT

The Harvard School of Public Health is developing a model program in public education in nutrition in Newton, a suburb of Boston. This study is financed by a grant-in-aid from the Nutrition Foundation (see August Nutrition News Letter). According to Dr. Frederick J. Stare of the Harvard School of Public Health and chairman of the Massachusetts Nutrition Committee, the study is carried out in two fields—in the public schools and in the Newton Nutrition Center.

In the public schools nutrition education is part of health education and is emphasized in all subject matter, not only in the social studies and science but also in arithmetic, reading, and spelling. The children learn to choose adequate lunches and, what is more important, they learn to want to choose a good lunch and to consider it as an integral part of the day's food pattern. Views of this project are included in the March of Time film, "Your Doctor—1947." Participating in the study are six elementary schools, two of which are controls, a junior high school, and high school. In choosing the schools, careful attention was given to comparable economic status and intelligence among the children. A teachers' curriculum committee fits nutrition into the study program and classroom work, and is a clearing house for all problems and suggestions.

Teacher nutrition classes and workshops have given the teachers the training they need and have provided the opportunity to develop printed material to show how nutrition has been integrated and used in the various grades. Teaching Aid Kits for the different grade levels and appropriate subjects at high school level have been compiled, as has a Film List Bibliography for Nutrition Education. A large chart entitled "Goals for Nutrition Education" lists the objectives for a 12-year school program. Lists of the Teaching Aids, films, and the chart of goals can be obtained from Miss Betty Lockwood, Harvard School of Public Health, 695 Huntington Avenue, Boston 15, Mass.

The Newton Nutrition Center serves a community of 70,000 and employs two full-time nutritionists. It provides some nutrition service to many community projects and arranges programs for local medical and dental societies, prepares material for the weekly community newspaper, and puts out posters and exhibits which are displayed in railway stations and libraries.

The applications of the findings in Newton can benefit schools and communities throughout the country, and it is hoped that other such projects will be set up to study special problems and conditions in different sections of the country.

NOTES FROM THE FIELD

ILLINOIS.—From an account in the March 29 Springfield Register it is apparent

that the Illinois Nutrition Committee held a very successful conference in Springfield, with Chairman Dr. G. L. Jordan presiding. About 100 persons from 50 Illinois counties attended.

At the dinner meeting, Dr. A. C. Ivy of the University of Illinois recounted his experiences in studying the Nazi experiments on human beings in connection with prosecution of Nazi doctors. Earlier Dr. Jordan had warned his audience that western Europe will face semi-starvation without United States food relief.

Other speakers included Dr. T. S. Hamilton of the University of Illinois, who spoke on "The Nutritional Value of Foods in Relation to Soil Fertility"; Dorothy Shank, food and nutrition editor of "What's New in Home Economics," who described new developments in food preparation; Dr. R. E. Johnson, director of the Army Medical Nutrition Laboratory, who discussed Army feeding programs in the Tropics and in the Arctic; Virginia Wheeler, health supervisor of the Louisville, Ky., County Board of Education, who talked on the "Contribution of School Lunch to the Community Nutrition Problem"; Dr. Janice Smith of the University of Illinois, who told "What's New in Nutrition Research"; and Dorothy Hall of the Infant Welfare Society of Chicago, whose topic was "Motivation in Changing Food Habits."

An extensive exhibit of materials attracted a good deal of interest.

In July the committee cooperated with the U. S. Department of Agriculture abundant food program on peaches by appealing to homemakers to utilize the crop and offering free directions for canning and freezing.

NEW YORK.—The State Nutrition Committee held its ninth annual nutrition institute on July 14 and 15 at Cornell University. Chairman May McDonald presided. Among those on the program were Dr. Harold Williams of Cornell, speaking on "Assessment of Nutritional Status"; Miss Catherine Leamy from the Children's Bureau, who discussed community nutrition programs; Miss Margaret S. Chaney of Connecticut College, whose topic was "Our Present Knowledge of Protein, Minerals, and Vitamins"; Dr. Clive McCay, Cornell University, reviewing recent nutrition research; and Dr. C. E. Rogers from the Food and Agriculture Organization of the United Nations, who described "World Food Needs and Our Responsibility."

A panel discussion of educational nutrition programs in communities occupied the afternoon of July 14, and on the afternoon of the 15th reports of progress and programs of county and city nutrition committees were discussed.

"This conference has renewed our interest and enthusiasm and we plan an active year," Miss McDonald comments.

WEST VIRGINIA.—The State Nutrition Committee met with the Medical and Dental Societies in Fairmont in November 1946. Dr. J. Foreman, Editor of Ohio State Medical Journal and Executive Vice President of Friends of the Land, talked on the "25 Steps to Longer Life" as the fundamentals of a sound health program.

At the February 1947 meeting, held in Charleston, plans were made for a "Good Breakfast" project. Subject matter is to be selected to suit the levels of two elementary school groups, high school, and various adult groups. Methods of introducing the project to the public will be through movies, radio, newspapers, posters for restaurants, exhibits, bus posters, talks, and skits.

At the May 1947 meeting held at Jackson's Mill, Mrs. Margaret Morris of the Production and Marketing Administration, Washington, D. C., discussed "Improving Nutrition Through School Lunches." Also at this meeting a report was given by the State Department of Agriculture on the enforcement of the flour and bread enrichment program. Very few cases of nonenrichment of flour and bakery products have been encountered thus far.

A study of food standards for school lunch was made in four counties in West Virginia and the results were used in the Daytona Beach Workshop by the State Supervisor of School Lunch.

NEW JERSEY.—In order to build up a program that will appeal to physicians as well as to social service organizations, public health nurses, school administrators, and others, the State Nutrition Council plans to encourage county medical societies to include nutrition in their programs, Chairman Charles F. Church reports. This proposal got under way with the February 19 meeting of the Middlesex County Medical Society, at which Dr. Herbert T. Kelly of the University of Pennsylvania spoke on "Nutrition Integration in Psychosomatic Medicine."

A full-day nutrition institute was held April 26 at Rutgers University by the New Jersey Nutrition Council. In-

vited were physicians, dentists, home economists, dietitians, health officers, welfare workers, nurses, helping teachers, and school administrators. The program featured talks on "Needed Modifications in the School Nutrition Program" by Superintendent of Schools J. P. Milligan; "Nutrition and the School Child" by School Physician W. N. Eames; "Nutrition Objectives for New Jersey" by E. A. Porter, who is consultant nutritionist for the State Department of Health; "Nutrition Research and Dental Health" by J. W. Volker of the Tufts University Dental School; and "Early Diagnosis of Nutritional Deficiencies" by Norman Jolliffe of the New York University College of Medicine.

NEW MATERIALS

"Energy-Yielding Components of Food and Computation of Calorie Values." This is a report of the Committee on Calorie Conversion Factors and Food Composition Tables convened by the Nutrition Division of the Food and Agriculture Organization of the United Nations in Washington, D. C., in February 1947. Copies cost 20 cents each and may be procured from the Documents Sales and Distribution Division of the FAO, 2000 Massachusetts Avenue NW., Washington 6, D. C.

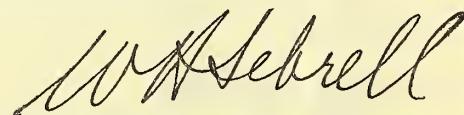
"Small Equipment for the School Lunch."—The Bureau of Human Nutrition and Home Economics prepared this multi-lithed list of equipment in cooperation with the Production and Marketing Administration. Copies are available free from the Information Service of PMA, U. S. Department of Agriculture, Washington 25, D. C.

"Home Canning of Fruits and Vegetables." AIS-64 (copy enclosed).—This revised edition is also available free from PMA Information Service.

Sincerely yours,



M. L. Wilson, Chief,
Nutrition Programs.



W. H. Sebrell, Associate Chief,
Nutrition Programs.